

virtual kitchen

EPIDOSE ONE RECIPES



Gulf Red Snapper

Bourbon Roasted Corn, Jalapeno, Thyme, Pearl Onions, Collard Green-Pecan Pesto, Lime

GENERAL ADVICE FROM CHEF ZACH:

"I always advise students at the Dedman School that recipes are only starting points. Stated another way, recipes are points of departure. It is the musician who delivers a great performance, not the sheet of music. It is the cook who makes a great dish, not the recipe. The recipe is only a tool. A great recipe will still only get you halfway to a great dish. The other half must come from the mind and the hands of the person cooking."

SUBSTITUTIONS

Any flaky, white fish can be substituted for the snapper. Grouper is a great choice.

Any cruciferous green can be substituted for the collards, and any nut can be substituted for the pecans. Pesto can be made with all herbs and no greens, or all greens and no herbs. Pesto is what we call "infinitely variable" at the Little Dinner Series. You'll see it in many iterations across our menus!

INGREDIENTS

Gulf red snapper filets, 6 oz per filet, 4 each

Fat of choice for searing (avocado oil recommended)

Salt and pepper

Butter, 2 oz (half stick)

Sweet corn, 6 ears, shucked and kernels removed from cob

Pearl onions, 1 package (10 oz), peeled and ends removed

Fresh thyme, 5 sprigs, leaves removed and coarsely chopped, stems discarded

Jalapeño, 2 each, seeds and membranes removed, finely diced

Bourbon of choice, 4 fl oz (½ cup)

Heavy cream, 4 fl oz (½ cup)

Butter, softened, 2 tbsp (reserved; use to finish corn dish)

Before beginning to cook anything, make sure that all ingredients are prepared and accessible, according to their description above.

Salt and pepper to taste

Collard greens, 5–7 leaves, stemmed, coarsely chopped, soaked in cold water 30 minutes*

Flat leaf parsley, leaves from 8–10 sprigs

Pecan pieces, ¼ cup, toasted at 350 degrees for 5–10 minutes or until lightly browned and aromatic

Garlic, 2–5 cloves, depending on how garlicky you want it

Olive oil, ½ cup or as needed

Parmesan, grated, ⅛ cup

Salt and pepper to taste

Lime wedge

Scallion, shaved at hard angle

Cilantro, leaves pulled from stem

Collard Green-Pecan Pesto

(up to 24 hours in advance)

**Soaking the collard greens will help remove some of the harsh, mustardy, bitter notes of the raw greens*

Add all ingredients to the bowl of a food processor. Process to desired consistency. More processing will create a smooth but pasty pesto; less processing will create a coarse and crunchy pesto.

NOTE: Pesto will oxidize, or turn a darker color, as it sits. To minimize this, put a layer of plastic wrap over the surface of the pesto before storing it in the refrigerator.

Snapper

*** The safest way to clean a hot cast iron pan is with a specialized metal tool built specifically for that purpose. In commercial kitchens, we keep an oiled kitchen towel on hand and use it to scrub the solid debris from the bottom of the pan, then invert the pan into a large metal container whose sole purpose is to catch hot pan debris and hot oil.*

**** There are many ways to sear a piece of fish; use whatever way is safest for you in your kitchen set-up! We do not recommend attempting the hot cast iron method in an apartment building. Do not preheat the oil along with the pan.*

1. Preheat a clean and well-finished cast-iron skillet** over medium-high heat until surface temperature is approximately 425 degrees, or until avocado oil barely begins to smoke when added to the pan. Preheat cast-iron pan first; then add oil. Do not preheat the oil along with the pan. If your cast-iron pan is well cared for, this will not hurt the pan.
2. Add seasoned fish filets, two at a time, and sear*** until deep golden brown. Use a fish spatula to transfer filet, seared side up, to a sheet pan. Clean (but don't wash) the pan between sears. If your smoke alarm is inside a walled-off kitchen, it's very possible that this process will set it off!
3. Finish fish in a 350 degree oven for 5–10 minutes, or until internal temperature at thickest portion of filet is 140–145 degrees.

Bourbon Roasted Corn

***** If you are using a gas stove, make sure that you turn the flame off before adding the bourbon. The pan will ignite as the fumes from the alcohol evaporate above an open flame. This process is called flambéing, and it is dangerous if you are not comfortable with the process!*

1. Preheat a large sauté pan over medium high heat*. Add butter, wait for the sizzling in the butter to stop, then add pearl onions to pan. Reduce heat to medium and cook 3–5 minutes, or until onions begin to soften and brown throughout. Add corn to pan and cook for another 5 minutes. Add thyme, jalapeños and bourbon.****
2. Continue cooking until bourbon has mostly evaporated. Adjust seasoning at this point. Add heavy cream and simmer until thick. Remove from heat, add the two tablespoons of softened butter, and swirl pan until butter has fully incorporated into dish.

Plate-Up

There are infinite possibilities for every plate-up. Start simple by thinking in terms of stacking things neatly in the center of the plate, and use a colorful sauce or condiment, such as your Collard Green-Pecan Pesto, to highlight components of the dish.

Squeeze a lime wedge over the top of the dish, drop scallions and cilantro around the plate as desired.

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Cheers!

Lacey Wallheiser

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Coastal Sunset

to be paired with Chef Zach's Gulf Red Snapper

INGREDIENTS

1½ oz **Silver tequila**

½ oz **Aperol**

1 oz **Raw-Not-Steeped Ginger Simple Syrup*** (*Sub-recipe follows*)

½ oz **Lemon juice**, freshly squeezed and strained

½ oz **Ginger ale** to taste

Orange segment for garnish

EQUIPMENT

Cocktail shaker

Jigger

Citrus juicer

Fine Sieve strainer

Blender

Knife and cutting board

Raw-Not-Steeped Ginger Simple Syrup*

This makes a great sweetener for your hot tea in addition to cocktail mixer!

1. Gather 2 cups of sugar, 2 cups of hot water and a 4–6 inch ginger root.
2. Bring water to a simmer, turn off heat and add sugar. Stir to incorporate, set aside and allow to cool completely (can be prepared in advance and stored in the refrigerator). Blend chilled simple syrup with freshly peeled ginger root on high. Once nicely blended, pour through fine mesh sieve into intended dispenser, a funnel may be helpful.

* *Simple syrups do best when prepared in advance, as to allow adequate time to infuse and/or chill. Depending on how many servings you intend to make, this recipe can easily be increased and decreased by equal parts.*

Mixing the cocktail

1. Add tequila, aperol, simple syrup and lemon juice to the cocktail shaker.
2. Add 1 cup of ice cubes, seal well and shake hard until shaker is cold and well chilled, approx. 5–15 seconds.
3. Add ice all the way to the rim of the glass, and pour and strain cocktail, leaving 1-inch headspace.
4. Squeeze fresh orange segment into the glass and toss in.
5. Top with ginger ale.

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